

Adults 60+ Recreation and Services Guide

SPRING 2022



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Recreation and Parks Vision Statement

To be THE place to make lifelong memories as you live, work, play and thrive.

Recreation and Parks Mission Statement

To nurture community connections.

Stay Informed

www.rockvillemd.gov/seniorcenter

seniorcenter@rockvillemd.gov

240-314-8800



[Facebook.com/rockvilleseniors](https://www.facebook.com/rockvilleseniors)



[Twitter.com/rockvillerec](https://twitter.com/rockvillerec)



[Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)

Prices Key:

Prices are listed as:

Senior Center Member/Nonmember

Welcome

Rockville Senior Center and Fitness Center Hours:

Call 240-314-8800 or email seniorcenter@rockvillemd.gov for hours

Main Line/Registration: 240-314-8800

Directions: 240-314-5019

Bus Transportation/Lunch Reservations:
240-314-8810

Center Membership Fees:

\$40/year: Rockville residents;

\$135/year: nonresidents; \$65: spouse

Fitness Center Membership Fees:

\$90/year (must be a Senior Center member)

Mayor

Bridget Donnell Newton

Councilmembers

Monique Ashton

Beryl L. Feinberg

David Myles

Mark Pierzchala

Robert DiSpirito, City Manager

Tim Chesnutt, Director of Recreation and Parks

**Chris Henry, Deputy Director of
Recreation and Parks**

Andy Lett, Superintendent of Recreation

**Steve Mader, Superintendent of
Parks and Facilities**

Attention!

The pricing for all programs is priced as Senior Center members or nonmembers. Membership must be current on March 1 to receive discounts on classes. Unless another location is listed, all classes are held at the Rockville Senior Center.

Building & Fitness Room Closures

Monday, May 30, Memorial Day

Monday, June 20, Juneteenth

Registration Dates

(M): Senior Center member registration begins:

Tuesday, March 1. Senior Center members receive a discount on programs.

(NM): Nonmember registration begins:

Thursday, March 3.

Any Questions?

Email us at seniorcenter@rockvillemd.gov

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8800. We ask that you inform us before the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. This publication will be made available on request in alternate formats by contacting the ADA coordinator at 240-314-8108; TTY 240-314-8137.

Arts & Enrichment

American History Through **Baseball Uniforms**

Baseball uniforms tell us a great deal about American history. By studying changes to uniforms, we can correspond those changes to real life events and trends.

Course	Day, Date	Time	Cost	Location
21943	M, 4/11	1-2 p.m.	\$6/\$9	Online

Art Reception

Featuring the work of Val Fry's watercolor classes. Registration is required for Zoom link.

Course	Day, Date	Time	Cost	Location
22020	Th, 5/19	6:30-8 p.m.	Free	Online

A Royal Mother's Day Tea- **Outdoors**

Be our guest for a tea party to celebrate mothers. The celebration includes tea and an assortment of tasty treats. Show off your best hats and attire for this festive occasion.

Course	Day, Date	Time	Cost	Location
22062	F, 5/6	11 a.m.-12 p.m.	\$5/\$7	Sr. Ctr.

Beginner Bird Walk- **Outdoors**

Discover the joy of watching birds! Join Croydon Creek Nature Center staff on a morning walk for beginning birders. Learn how to use binoculars for birding, identify common local species, use bird guides and apps and much more. Binoculars provided or bring your own. Paths are paved, but be prepared to walk over 1 mile. Meet at the site of the former RedGate Golf Course at 14500 Avery Rd, Rockville. Preregistration is required, and space is limited.

Course	Day, Date	Time	Cost	Location
21920	W, 5/11	8-9 a.m.	Free/\$4	RedGate Park

Birthday and Anniversary Party

Celebrating March, April and May birthdays! All are invited, whether or not you have a spring birthday. Entertainment: Orleans Express. Sponsorship: Potomac Valley

Course	Day, Date	Time	Cost	Location
21957	W, 4/13	1:30-3 p.m.	Free/\$7	Sr. Ctr.

Book Club

An in-depth discussion covering a broad spectrum of books. A moderator presents topics for discussion. April 28: "Redhead by the Side of the Road" by Anne Tyler. May 26: "Last Bus to Wisdom" by Ivan Doig.

Course	Day, Date	Time	Cost	Location
21896	Th, 4/28 & 5/26	9:30-10:45 a.m.	Free/\$7	Online

Books that Shaped America

The Library of Congress selected 88 books in June 2012 that helped shape America. Together we will take time to explore and discuss the significance of these works then and now. Each of us brings our own unique experiences to the exchange of ideas. Find the work in the form that best suits your needs. Reading the book is optional. Presented by Joan Adams.

"A Country Doctor" By Sarah Orne Jewett

Born in 1849 in Maine, Orne Jewett was the daughter of a country doctor. She often accompanied her father on visits to his patients in the countryside near their home in South Berwick. Talks with her father and his patients gave her enough information for the creation of this book. Who is this girl turned writer and why did the Library of Congress select her work?

Course	Day, Date	Time	Cost	Location
21901	M, 3/28	10:30-11:30 a.m.	\$6/\$9	Online

"Goodnight Moon" By Margaret Wise Brown

Margaret Wise Brown was a prolific writer and editor of children's books. She seems to be best known for the 1947 "Goodnight Moon." The 75th anniversary of when this work published is a chance to delve into Brown's innovative works and how she became a driving force in children's literature.

Course	Day, Date	Time	Cost	Location
21902	M, 4/25	10:30-11:30 a.m.	\$6/\$9	Online

Books to Movies: *Unbroken*

Three-part series on "Unbroken: the Life of Louis Zamperini".

PART ONE: Author Laura Hillenbrand: Montgomery Co.'s Own
Hillenbrand was struck with chronic fatigue syndrome when in college

and overcame obstacles to become a well-known writer. This Bethesda-Chevy Chase High School graduate so impressed her English teacher, she encouraged Hillenbrand to write. Hillenbrand's love of history and horses became the basis for 2001 best seller "Seabiscuit", her first book. Hillenbrand's interest in Olympics and athletes led her to read and study about this Olympic athlete and war hero.

PART TWO: The Book "Unbroken: A World War II Story of Survival, Resilience, and Redemption"

This part covers five periods of the life of Louis Zamperini. This session will take a brief look at all five sections of the book. The Hillenbrand book became the basis for the movie.

PART THREE: The Movie

"Unbroken", the 2014 movie, was directed by Angelina Jolie. The movie reveals the true story of a man that war tried to destroy, but family love set him back on the right track. Hillenbrand's true story is recreated on the big screen. It is the Louis Zamperini story, a man who had a knack for getting into trouble. Let's look at how closely the movie stuck to the real-life story.

Course	Day, Date	Time	Cost	Location
21903	M, 5/2-5/16	10:30-11:30 a.m.	\$18/\$27	Online

Bridge-Beginner III

This is the final course in the Beginner's series. The eight-week course will emphasize the play of the hand, both declarer and defensive. The 2 over 1 bidding system will be reinforced. Prerequisite: Beginner's Bridge I and II or a basic understanding of modern bidding. Instructor: Peter Schiff.

Course	Day, Date	Time	Cost	Location
21904	Tu, 4/5-5/24	1-3 p.m.	\$82/\$99	Sr. Ctr.

Chat with a Ranger **NEW!**

Learn about Zion National Park, the park service and the rangers themselves as you interact in real-time with a uniformed ranger. Zion is in southwest Utah, with massive sandstone cliffs, narrow slot canyons, and a unique array of plants and animals. After an introduction to the

National Park Service emblem and its meaning, the ranger will answer questions, using props and presentations, to share the ecology, wildlife and history of Zion National Park.

Course	Day, Date	Time	Cost	Location
21926	M, 3/14	1-2 p.m.	\$6/\$9	Online

Cooking Classes with Chef Alba

Cook along with Chef Alba, or simply watch, during these live and interactive cooking classes on Zoom. A shopping list and recipes will be emailed ahead of time to participants.

Italian Inspired Elegant Brunch

Brunch began as a Sunday meal when it was too late for breakfast but still a little early for lunch. Brunch is prevalent in the United States especially on weekends and the trend of brunch has now caught on in Europe. Menu: French toast stuffed with ricotta and strawberries, baked eggs Florentine with Spanish tomato toast, and prosciutto and herbs wrapped mini potatoes.

Course	Day, Date	Time	Cost	Location
21905	M, 3/28	11:30 a.m.-1 p.m.	\$15/\$20	Online

Italian Pizza Party

The Margherita pizza was born two centuries ago when Queen Margherita of Savoy set up a cooking competition in Naples, Italy. Thousands of chefs participated. Raffaele Esposito, a poor chef from a small village, won the competition, and the Pizza Margherita was born, named after the queen with the colors of the Italian flag. Join Chef Alba as she prepares pizza dough from scratch, the original Pizza Margherita, Florentine rosemary sea salt pizza, and for dessert, pizza frittata with sugar and cinnamon. **This class is demo only.** Recipes will be shared to try later.

Course	Day, Date	Time	Cost	Location
21906	W, 5/18	3-4:30 p.m.	\$15/\$20	Online

Dance the Night Away **NEW!**

Experience a night of dancing and laughs with friends. Dress to impress and enjoy music from the local band The Digits. Cookies and punch will be served. Registration is required. Sponsored by Brightview Fallsgrrove.

Course	Day, Date	Time	Cost	Location
21991	Th, 6/2	7-8:30 p.m.	\$6/\$9	Sr. Ctr.

Arts & Enrichment

Father's Day Cookout - Outdoors **NEW!**

Celebrate Father's Day as we cook burgers and hot dogs on the grill! Lunch will be outside and includes toppings, beverages, a side and dessert.

Course	Day, Date	Time	Cost	Location
22063	F, 6/17	12:30-2 p.m.	\$5/\$7	Sr. Ctr.

Fused Glass **NEW!**

This four-week Fused Glass Class is for anyone who is looking for a different way to create. Design jewelry, sun catchers, tiles or a piece of art that could be framed. The ideas are endless. Tracy Keating, artist and art teacher, will provide all the supplies and instruction.

Course	Day, Date	Time	Cost	Location
21937	F, 5/6-5/27	1-3 p.m.	\$45/\$55	Sr. Ctr.

Garden Kits

Spring is here and so are our garden kits! These kits are made for indoor or outdoor growing. Kits will be delivered on Friday, 4/22 to Rockville residents. Out of City residents can pick up their kits at the Senior Center between 11 am-2 pm. Register by 4/21.

Course	Day, Date	Time	Cost	Location
22681	F, 4/22	11 a.m.-2 p.m.	\$5	Sr. Ctr.

Guitar: Beginner Group Lessons **NEW!**

Learn a new skill with this virtual group acoustic guitar course taught by Kevin Mittleman from The School of Music. Class covers basic strumming techniques, scales, melodies, basic theory and tips to get you playing. Students need a guitar and notebook. Guitar rentals can be arranged by The School of Music for \$40 per semester. There is a four-student minimum for the class to be held. Register by March 21.

Course	Day, Date	Time	Cost	Location
21907	W, 4/6-5/25	1-2 p.m.	\$81/\$108	Online

heART Kits **NEW!**

Visual and literary art kits from Arts for the Aging provide all materials needed, including clear instruction sheets with images to guide participants in a hands-on art-making experience.

The kits are designed to engage seniors of all abilities and provide a framework for promoting socialization and connection through the arts. Pick up kits from the Senior Center or have them delivered to your home within city limits on March 22. Then join an artist on Zoom on March 23 to create your personal work of art!

Course	Day, Date	Time	Cost	Location
21939	W, 3/23	10-11 a.m.	\$20/\$25	Online

How Space Exploration **NEW!** Changed Your Life

What do the PC, insulin pump, cell phone camera and memory foam have in common? They came about because of space exploration. Thanks to the space program, there are more than 30 everyday inventions that we take for granted. We'll look at some of them. Discover many of the inventions that touch our daily lives.

Course	Day, Date	Time	Cost	Location
21941	Th, 3/31	1-2 p.m.	\$6/\$9	Online



Let It "Bee" **NEW!**

Paint a beautiful wooden bumblebee welcome sign. Measures 17.5 inches wide by 20 inches high. No experience needed. All supplies will be provided by the art instructor Tammy Brown. Pick up supplies from the Senior Center or have them delivered to your home within city limits on April 25. Then paint with Tammy over Zoom on April 26. Register by March 31.

Course	Day, Date	Time	Cost	Location
21936	Tu, 4/26	10 a.m.-12 p.m.	\$20/\$25	Online

Life Changing Inventions **NEW!**

The wheel, paper, gun powder and the printing press all changed lives, but we grew up with them, so nothing changed for us. Maybe you're thinking about radio or telephone. They, too, have been here for most of our lives. So what inventions are life-changing now? Perhaps it's the PC or cell phone? So many to consider – learn and share how these inventions changed your life.

Course	Day, Date	Time	Cost	Location
21942	Th, 5/5	1-2 p.m.	\$6/\$9	Online

Marylanders of Note

There are many famous and not so famous (but important) Marylanders. The state is known for blue crabs, the Ravens, John Hanson and Spiro Agnew. It's also home to the first railroad, dental school and umbrella factory. We'll focus on historic figures, politicians, scientists, authors and artists. Instructor: Joan Adams.

Anne Newport Royall

Born in 1769 near Baltimore, Royall was a pioneering travel writer, political journalist and newspaper publisher. She had to support herself in 1819 after a jury nullified her late husband's will. She found herself penniless, so she took off with three of her enslaved people and traveled in the Mississippi and Alabama territories. This resulted in a nine-volume work. What else did this enterprising woman do during her life?

Course	Day, Date	Time	Cost	Location
21897	M, 3/14	10:30-11:30 a.m.	\$6/\$9	Online

Ogden Nash

Ogden Nash was born in New York in 1902, but in 1934 he wrote, "I could have loved New York had I not loved Baltimore more." This Harvard dropout worked on Wall Street before becoming one of America's most widely appreciated writers. His poems had an intensely antiestablishment quality. He appeared regularly on radio and television. He considered himself a

"worsifier." We'll explore why he wrote that and his love for Baltimore.

Course	Day, Date	Time	Cost	Location
21898	M, 4/4	10:30-11:30 a.m.	\$6/\$9	Online

Outdoor Movie **NEW!**

Watch a movie on the big screen outside! Bring blankets, chairs, and snacks and join us for a fun outdoor movie night! Preregistration required.

Course	Day, Date	Time	Cost	Location
21945	Th, 4/28	7-9 p.m.	Free	Sr. Ctr.

Painting with Cathy

Instructor Cathy Pasquariello, brings instructions and supplies! No painting experience is required.

Cherry Blossom Glasses

Cruise into spring with a hand-painted glassware class where you will paint your own beautiful pink or white cherry blossom glasses! No experience necessary — just a zest for whimsy and creativity.

Course	Day, Date	Time	Cost	Location
21924	Th, 3/31	10:30 a.m.-12:30 p.m.	\$12/\$15	Sr. Ctr.

Starfish on Wine Glasses

Hand paint summertime starfish on wine glasses. Not only will you learn to paint the starfish design, you'll add a little glitter afterwards to make the starfish shimmer. No experience necessary. Leave with a couple of wine glasses to use, display or give as a gift.

Course	Day, Date	Time	Cost	Location
21925	M, 5/16	1-3 p.m.	\$12/\$15	Sr. Ctr.

Piano Lessons

Classes will be taught one-on-one for 15 minutes. The instructor will call participants to schedule the 15 minutes within the time slot. A piano or keyboard is required. Instructor: Connie Hughes

Beginner/Continuing Piano

Instruction will be given on note reading, rhythm, theory and technique.

Course	Day, Date	Time	Cost	Location
21912	Tu, 4/5-5/24	9:15-10:15 a.m.	\$81/\$108	Online

Piano Lessons continued on next page...

Now with Options KEY:  = Phone-in available

Arts & Enrichment

Piano Lessons continued...

Continuing Piano

This class is usually for those who have taken at least one course of piano lessons with the instructor. Further instruction will be given on technique, note reading, rhythm, theory while exploring different genres in music.

Course	Day, Date	Time	Cost	Location
21913	Tu, 4/5-5/24	10:30-11:30 a.m.	\$81/\$108	Online
21914	Tu, 4/5-5/24	1-2 p.m.	\$81/\$108	Online

Advanced Continuing Piano

This class is for those who can read both clefs, play with two hands simultaneously and have a good understanding of musical theory. Opportunity is given to explore different composers and genres. Prerequisite: Must have taken at least one Continuing Piano course or meet the listed requirements.

Course	Day, Date	Time	Cost	Location
21915	Tu, 4/5-5/24	11:45 a.m.-12:45 p.m.	\$81/\$108	Online

Piecemakers' Club

Make new connections with fellow quilters! Share tips and tricks in this comfortable environment while encouraging one another. This is an opportunity to explore various quilting techniques.

Course	Day, Date	Time	Cost	Location
21922	M, 4/4-5/23	1-2:30 p.m.	\$9/\$12	Sr. Ctr.

Remarkable Women of Maryland

Celebrate Women's History Month with a presentation on the remarkable women of Maryland. Learn about the lives of Harriet Tubman, Elizabeth Bonaparte, Margaret Brent, the work of suffragists, and more, to gain a richer understanding of Maryland's history. Presented by Maryland Center for History and Culture.

Course	Day, Date	Time	Cost	Location
21947	Th, 3/24	11 a.m.-12 p.m.	\$6/\$9	Online

Rocky Mountain Through Time

What is the essence of a place? Is it what we can see? What we can hear? Is it solely about that place or also how a place makes us feel? Explore

these topics with a ranger and discover if cumulative changes in wildlife, wildfires and visitation have changed how we view Rocky Mountain National Park over the past 100 years.

Course	Day, Date	Time	Cost	Location
21940	Th, 4/28	2-3 p.m.	\$6/\$9	Online

Seniors Understanding Nature (SUN)

Discover the outdoors from the comfort of your home as you connect with the natural world. A naturalist from Croydon Creek Nature Center will explore nature themes related to the season. Participants will better understand the environment, gain new skills in observation and identification and enjoy the health benefits of nature study. **Please note new time: 1-2 pm**

Signs of Spring

Birds returning from their winter homes, frogs waking up and beginning to sing, buds on plants getting ready to burst — everyone has a favorite sign of spring. Learn clues to watch and listen for that indicate that warmer weather and longer days are on the way!

Course	Day, Date	Time	Cost	Location
21928	F, 3/18	1-2 p.m.	Free/\$4	Online

Earth Day Every Day!

To celebrate the 51st anniversary of Earth Day, learn what it means to be environmentally sustainable, tips on how to take advantage of sustainability efforts in our area and tricks of easy ways to make your household more sustainable.

Course	Day, Date	Time	Cost	Location
21929	F, 4/22	1-2 p.m.	Free/\$4	Online

Discovering Life Cycles

Every living thing has a life cycle and each one is a little different. Get ready to learn some fascinating intricacies of plant and animal life cycles in our area.

Course	Day, Date	Time	Cost	Location
21930	F, 5/20	1-2 p.m.	Free/\$4	Online

Science Tuesdays

An engaging monthly presentation and conversation with a scientist, each meeting focusing on a different topic. No scientific

background required, just curiosity. Co-sponsored by Rockville Science Center. Sign up to receive emails about monthly presentations! Second Tuesday of the month.

Course	Day, Date	Time	Cost	Location
22079	Tu, 4/12 Tu, 5/10 Tu, 6/14	1-2 p.m.	Free	Online

Storytelling Secrets So You Can Tell Yours **NEW!**

Staring at a blank page? Learn how to write your story with the simple tools and tricks of a professional storyteller. You won't just put words on paper, you'll capture memories for posterity and cherished storytelling for years to come. Master idea organization, compelling transitions, character development, relatability and more. Erin Vannella is a former television news reporter, international video documentarian, teacher, TEDx speaker, coach and founder of Pure Vannella, LLC.

Course	Day, Date	Time	Cost	Location
21918	Th, 4/7-4/28	11:30 a.m.-12:30 p.m.	\$34/\$42	Online

Supper Club **NEW!**

Catered by Stone Soup. Entertainment: Gina DeSimone & the Moaners. Register by April 22.

Course	Day, Date	Time	Cost	Location
21956	Tu, 5/10	5-7 p.m.	\$20/\$25	Sr. Ctr.

The Rockville Chorus **NEW!**

The Rockville Chorus is a vibrant, dedicated musical organization, focused on developing a wide range of musical genres and styles of choral music for the Rockville regional community each year. They will sing songs from their upcoming performances and patriotic songs in honor of Memorial Day.

Course	Day, Date	Time	Cost	Location
21908	M, 5/23	7:30-8:30 p.m.	Free	Sr. Ctr.

Check page 27 for English and Spanish classes!

Through the Lens of Time

Many fascinating and enchanting individuals have graced the cover of "Time" magazine. Take a closer look at some of these people. Instructor: Joan Adams.

Simone Arianne Biles

Biles most recently was named "Time" magazine's 2021 Athlete of the Year. At 24 she became one of America's best-known gymnasts. She is an all-around world champion with many medals. In 2021 she made the news and Olympic history by refusing to compete when she realized she needed to take care of herself first. Biles holds the record for the most gold medals won by an American woman at a single Olympic game. Her story is one of struggle and triumph.

Course	Day, Date	Time	Cost	Location
21899	M, 3/21	10:30-11:30 a.m.	\$6/\$9	Online

Mel Brooks

Melvin James Kaminsky, better known as Mel Brooks, was born in 1926 in Brooklyn. He is famous as a comedian, director, producer, screenwriter and actor. He is an EGOT winner, he received all four awards: Emmy, Grammy, Oscar and Tony. Not only did he direct and produce movies, but he started his own production company, "Brooksfilms." How did this bullied teenager become one of Hollywood's greatest?

Course	Day, Date	Time	Cost	Location
21900	M, 4/11	10:30-11:30 a.m.	\$6/\$9	Online

Ukulele: Beginner Group Lessons **NEW!**

Learn this fun, indigenous Hawaiian instrument! This virtual group course will cover chords, strumming, playing melodies and everything you'll need to play your favorite songs. A ukulele is required, but rentals can be arranged by the School of Music for \$30 per semester. All other materials will be provided electronically. There is a four-student minimum for this class to be held. Register by March 21. Instructor: Kevin Mittleman.

Course	Day, Date	Time	Cost	Location
21909	W, 4/6-5/25	2-3 p.m.	\$81/\$108	Online

Arts & Enrichment

Watercolor Classes

Val Fry, our popular watercolor teacher, has a background in art and art therapy, and is active in art organizations throughout the state. Our classes are always supportive and encouraging. If you need the supply list, please email seniorrecreation@rockvillemd.gov at least one week prior to class.

Beginner Watercolor

Learn the basics about paper, palette set up, brush strokes, color mixing and applying basic techniques in watercolor. Join Val's class for a fun four-week introduction to the watercolor medium. See course #21931 for a free introduction to watercolor before this class begins.

Course	Day, Date	Time	Cost	Location
21932	W, 4/20-5/11	9:30-11:30 a.m.	\$48/\$58	Online

Intermediate Watercolor (AM)

For students who have had some watercolor experience. Explore different techniques in watercolor that can enhance paintings. Learn about building blocks to better paintings including use of color, shapes, values and edges. Classes usually begin with a critique, followed by an introduction of a well-known watercolor artist and end with a demonstration by the teacher.

Course	Day, Date	Time	Cost	Location
21933	Tu, 4/5-5/24	9:30-11:30 a.m.	\$95/\$115	Online

Intermediate Watercolor (PM)

Course	Day, Date	Time	Cost	Location
21934	Tu, 4/5-5/24	12-2 p.m.	\$95/\$115	Online

Advanced Watercolor

Discuss composition, color, shapes and edges. Techniques and personal style will be encouraged. We will have a critique, introduction to famous watercolor artists and weekly demonstration given by the teacher. Enjoy our love of watercolors in a supportive environment.

Course	Day, Date	Time	Cost	Location
21935	W, 4/6-5/25	12-2 p.m.	\$95/\$115	Online

Introduction to Watercolor **NEW!**

Haven't painted watercolors before? Learn a new way to express yourself. Learn a solid base of watercolor painting — brush work, color mixing and a new way of seeing. This small group is always supportive and you will meet instant new friends. Inexpensive art supplies are needed for this class. Instructor: Val Fry

Course	Day, Date	Time	Cost	Location
21931	W, 4/6	9:30-10:30 a.m.	Free	Online

The Better Angels of the American Civil War **NEW!**

A presentation in PowerPoint format about five remarkable women who made important contributions to the Union cause at various stages before, during and after the critical years of the American Civil War. The singular actions of Clara Barton, Julia Ward Howe, Sarah Josepha Hale, Harriet Beecher Stowe and Harriet Tubman led to their prominence during the war and launched them into successful public roles following the conflict. This session will be instructed by Robert Plumb through the Montgomery County Historical Society.

Course	Day, Date	Time	Cost	Location
22022	Th, 3/10	11 a.m.-12 p.m.	\$6/\$9	Sr. Ctr.

Wine and Cheese

Enjoy the evening at the Senior Center with friends, wine, and refreshments. Registration required. Sponsored by Brightview Falls Grove.

Course	Day, Date	Time	Cost	Location
22037	Tu, 5/17	4:30-6 p.m.	Free/\$5	Sr. Ctr.

Zoom with Pets **NEW!**

Pets are often in the background of Zoom meetings. Let's give them center stage while we meet with one another and introduce our furry (or not so furry) friends.

Course	Day, Date	Time	Cost	Location
21994	F, 4/8	10-11 a.m.	Free	Online

Now with Options

KEY:  = Phone-in available



Rockville Villages

What are villages? Villages are grassroots, volunteer, neighbor-support networks created to help enrich the lives of residents of all ages.

What do village networks do? Members of villages offer services such as: transportation to medical appointments, light yardwork and home maintenance, tutoring, friendly visits, book clubs, potluck parties and other social outings. Almost all villages offer the opportunity for connectedness.

For more information: Contact Trish Evans, village facilitator, City of Rockville 240-314-8807 or pevans@rockvillemd.gov. www.rockvillemd.gov/rockvillevillages. www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html

Rockville Senior Center

Art Reception

**Thursday, May 19
6:30-8 p.m.
On Zoom**

Featuring the work of Val Fry's
Senior Watercolor Classes

To receive the Zoom link, register online for course # 22020 or call 240-314-8800.

May Supper Club

Tuesday, May 10 • 5-7 p.m.

Dinner catered by Stone Soup and entertainment by
Gina DeSimone & the Moaners.

Register by 4/22. Course # 21956; \$20 Members, \$25 Nonmember



TRIP REGISTRATION: In-Person Lottery

Tuesday, March 8 • 10:30 a.m.

Senior Center members: Numbers distributed in random order, 10:15 a.m.

Wednesday, March 9

Nonmembers: Registrations accepted at Senior Center only.

When you travel with the Senior Center, you can relax and leave the driving and parking to us. Travel in the comfort of a chartered bus or in a Rockville Senior Center bus for local adventures. It's a great way to meet new people or create memories with old friends. Hurry! Trips tend to sell out quickly, so don't delay.

Call 240-314-8800 for more information.



* LOCAL ADVENTURE *

**Bowling and Lunch**

Trip includes transportation by Rockville Senior Center bus, bowling at Pin-stripes, shoe rental, Italian lunch, dessert and non-alcoholic beverages.

Course	Day, Date	Time	Cost	Meet At
21951	W, 3/16	11 a.m.-1:30 p.m.	\$20/\$25	Sr. Ctr.

• CHARTER BUS •

**Cherry Blossom Lunch Cruise**

Celebrate the history and beauty of D.C.'s cherry blossoms with a cruise along the Potomac. The elegant, glass-enclosed Odyssey Trip includes luncheon cruise, leadership and charter transportation.

Course	Day, Date	Time	Cost	Meet At
21923	M, 4/4	10 a.m.-4 p.m.	\$95/\$120	Glenview

* LOCAL ADVENTURE *

**True Respite Microbrewery Tour**

Tour True Respite, a production microbrewery that specializes in crafting a wide array of high-quality beers. Enjoy a tasting after the tour. Snacks will be provided. Trip includes transportation by Rockville Senior Center bus.

Course	Day, Date	Time	Cost	Meet At
21953	W, 4/20	1-3:30 p.m.	\$20/\$25	Sr. Ctr.

• CHARTER BUS •

**Washington Nationals Baseball Game**

Let's play ball as the Nats take on the New York Mets. Enjoy the game in club-level seats, which are perfect regardless of the weather. Refreshments and restrooms are just a few steps away in our semi-private club area. Note: Food and beverages are on your own. Trip includes charter bus transportation, leadership and tickets.

Course	Day, Date	Time	Cost	Meet At
21921	Th, 5/12	11 a.m.-5:30 p.m.	\$95/\$120	Glenview

B Android Basics

Take a look at many of the installed apps on your device, see pictures and video clips, and download and play games from the app Store. Use the messaging app to communicate with your friends and more. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
21978	M,W, 5/2-5/4	10 a.m.-12 p.m.	\$14/\$27	Comp. Lab
21984	M,W, 5/9-5/11	10 a.m.-12 p.m.	\$14/\$27	Comp. Lab

B Copying Pictures

Learn how to copy them to your computer. Make separate folders for all your groups of pictures. Email them to family and friends. Bring your charger and cord to class. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
21992	M, 5/16	1-3 p.m.	\$9/\$15	Comp. Lab

B Hotmail Email Fundamentals

Introductory session uses class accounts to learn the basics of sending, receiving, copying, and saving emails. Instructor: James Martin.

Course	Day, Date	Time	Cost	Location
21982	W, 5/4	1-3 p.m.	\$9/\$15	Comp. Lab

B PC New Users

This course familiarizes those new to computers (or afraid to learn) with the basic components of computers. Introduces everyday tasks like email, word processing, and surfing the web. No experience required. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
21971	Tu, 4/19	10 a.m.-12 p.m.	\$14/\$27	Comp. Lab
21993	Tu, 5/17	10 a.m.-12 p.m.	\$14/\$27	Comp. Lab
22018	Tu, 6/28	10 a.m.-12 p.m.	\$14/\$27	Comp. Lab

B Simple Typing Tips

Basic typing techniques. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
21987	Tu, 5/10	1-3 p.m.	\$5/\$11	Comp. Lab

KEY: **B** = Beginner courses **I** = Intermediate courses
Handout fees included in price.

B Using Right Click-Left Click

Understand your mouse and discover how to find, move, copy, and save files and pictures. Create or delete shortcut icons on your desktop, emails, and documents. Instructor: James Martin.

Course	Day, Date	Time	Cost	Location
21988	W, 5/11	1-3 p.m.	\$11/\$15	Comp. Lab

B Windows PC Backup

When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
21973	Th, 4/21	8-10 a.m.	\$14/\$27	Comp. Lab
21980	Tu, 5/3	10 a.m.-12 p.m.	\$14/\$27	Comp. Lab
22000	Th, 6/2	8-10 a.m.	\$14/\$27	Comp. Lab

B Forgot My Password?

Many have lost their password to their computer, tablets or phones. Going through a maze to reset them require patience. Learn some tips so that you can regain access to your devices. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
21979	M, 5/2	1-3 p.m.	\$14/\$27	Comp. Lab

I Optimize your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? Learn tips to help improve performance and answer questions that puzzle you about your computer. A \$3 handout fee is payable to instructor at first class. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
20960	M,W, 4/25-4/27	1-3 p.m.	\$12/\$25	Comp. Lab
22002	M,W, 6/6-6/8	1-3 p.m.	\$12/\$25	Comp. Lab



Did you know?

The Rockville Senior Center has a specialized computer lab that hosts 15 Window PC desktops? You may also bring your own laptop to class to learn from your own device.

I PC Malware

Malware is any piece of software intended to cause harm to your system or network. Malware is different from normal progra.m.s in a way that they most of them have the ability to spread itself in the network, remain undetectable, cause changes/damage to the infected system or network. Learn how to prevent your PC from being ruined. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
21985	M, 5/9	1-3 p.m.	\$14/\$27	Comp. Lab
21990	M,W, 5/16-5/18	10 a.m.-12 p.m.	\$14/\$27	Comp. Lab

I Using Cortana

Learn to set up your computer for Windows or speech recognition, create and edit documents or emails, launch applications, open files, control your mouse, and more. Program requires Windows 7 or 8. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
21997	M, 5/23	10 a.m.-12 p.m.	\$9/\$15	Comp. Lab

I Using Thumb Drives Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and cut, copy and paste files from that drive to any other computer. It's important to have a backup. Thumb drives available. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
21999	W, 5/25	10 a.m.-12 p.m.	\$9/\$15	Comp. Lab

B All Things Google

Ever wonder about those nine little boxes forming a square in the upper-right corner of any Google page? They're a portal into a whole new Google world, with calendars, maps, photos and anything else you can think of to make your time online more productive, useful and fun.

Course	Day, Date	Time	Cost	Location
21970	M,W, 4/18-4/20	10 a.m.-12 p.m.	\$14/\$27	Comp. Lab
22016	M,W, 6/27-6/29	10 a.m.-12 p.m.	\$14/\$27	Comp. Lab

I Windows Security

Is your device or computer protected? Are you scanning for malware on a regular basis? Let's examine the best way to secure your computer and other devices. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
21972	Tu, 4/19	1-3 p.m.	\$14/\$27	Comp. Lab
21998	Tu, 5/24	10 a.m.-12 p.m.	\$14/\$27	Comp. Lab
22003	Tu, 6/7	10 a.m.-12 p.m.	\$14/\$27	Comp. Lab

I Using Google Drive

Google Drive used to backup mobile devices, share large documents work on projects to name a few. Sync your devices to make file sharing easier.

Course	Day, Date	Time	Cost	Location
21975	Tu, 4/26	10 a.m.-12 p.m.	\$14/\$27	Comp. Lab
22014	Tu, 6/21	1-3 p.m.	\$14/\$27	Comp. Lab

Know anyone 60+ who needs our help?

We're here as a helping hand for your older neighbors, friends or relatives.

- ✓ Food & Financial Assistance
- ✓ Counseling & Outreach
- ✓ Support
- ✓ Transportation
- ✓ Connecting with Peers
- ✓ Grocery Shopping



- ✓ Home Maintenance
- ✓ Health, Wellness, Technology & Education
- ✓ Medical Equipment Loans



Call 240-314-8800.

Email SeniorCenter@rockvillemd.gov.

Visit www.rockvillemd.gov/397/Services.

ROCKVILLE SENIOR FITNESS CENTER

It's the best time to be 60+ in Rockville!

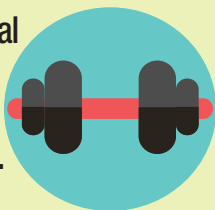
7 a.m.-4 p.m. Monday & Wednesday • 9 a.m.-4 p.m. Tuesday, Thursday, Friday

Fitness Center Membership Fees: \$90/year (Must be a Senior Center member)

www.rockvillemd.gov/seniorcenter • 240-314-8800

Fitness Room Membership

Fitness memberships are an additional purchase to center membership. Basic Machine Training is required and is an additional \$15 one-time fee.



Fitness Membership Rates:

3 months: \$22; 6 months: \$45; 1 year: \$90

8-week Fitness Challenge **NEW!**

Join the 8-week challenge for a healthier you! The CDC recommends 150 minutes of moderate activity each week for older adults. Log in your minutes daily. All forms of activity qualify. This can be achieved through an at home workout, a walk, a bike ride, one of our fitness classes, or a workout in our fitness center. There will be a mandatory organizational meeting through Zoom at 1 p.m. April 8. We will explain the guidelines of the challenge and provide instructions on how to obtain your challenge packet. This is a free program; however, registration is required. Sponsored by Collingswood Rehabilitation & Healthcare Center.

Course	Date	Cost	Location
21927	4/18-6/12	Free	Sr. Ctr.

Abs and Back

The core is the key to better posture, better balance and better movement. This class focuses on the core through exercises using upper and lower abdominals, pelvic floor, obliques, buttocks and mid and lower back muscles. Most exercises are done on the floor; participants must be able to get up and down from the mat. Instructor: Martine Owen.

Course	Day, Date	Time	Cost	Location
21832	Tu, 4/12-6/7	5-5:45 p.m.	\$42/\$60	Online

Add a Spring to Your Step **NEW!**

Join us on this virtual walk while viewing beautiful spring scenery from different parts of the world. Walk with us more than two miles, in the comfort of your own home. Seated instruction will also be available. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
20792	Tu, 4/5	10-11 a.m.	Free	Online

Aerobic Workout

Step up to the latest exercise designed for the active participant who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using basic dance movements with one foot safely in contact with the floor at all times. Class includes a mixture of oldies and current music. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
21850	Tu,Th, 4/12-6/9	11 a.m.-12 p.m.	\$60/\$75	Sr. Ctr.
21851	Tu,Th, 4/12-6/9	11 a.m.-12 p.m.	\$53/\$75	Online

Afternoon Yoga Flow

Calm your mind and body during this afternoon yoga flow class. Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. Have a yoga sticky mat available to use. Instructor: Melizza Ford.

Course	Day, Date	Time	Cost	Location
21856	Tu,Th, 4/12-6/9	2:15-3:15 p.m.	\$65/\$94	Online



Hydrate! It's important to stay hydrated throughout your workout.

Arthritis Foundation — Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility, range of motion, overall stamina and maintain muscle strength. Exercise can help ease pain and stiffness, as well as feelings of isolation and depression. Instructor: Martine Owen.

Course	Day, Date	Time	Cost	Location
21849	Tu,Th, 4/12-6/9	1-2 p.m.	\$53/\$75	Online

Balance Challenge **NEW!**

This advanced balance class improves coordination, muscle strength, and challenges your balance and mind for everyday active living. Weights and additional equipment will be used during class. Appropriate for the active participant. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
21822	W, 4/13-6/8	1:15-2 p.m.	\$42/\$52	Sr. Ctr.

Balance Matters

Balance exercises help improve stability, coordination, leg strength and posture. Exercises in this class help reduce the risk of falling and prevent injury to improve overall daily life. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
21821	M, 4/11-6/13	1:15-2 p.m.	\$42/\$52	Sr. Ctr.
21830	M, 4/11-6/13	1:15-2 p.m.	\$33/\$48	Online

Belly Dance Basics

Enjoy an expressive, exciting and energetic activity. Basic belly dance practices can stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength. Instructor: Melizza Ford.

Course	Day, Date	Time	Cost	Location
21825	F, 4/15-6/10	10-10:45 a.m.	\$33/\$48	Online

Senior Citizens Commission

The commission is appointed by the Mayor and Council and identifies issues that support making Rockville a community where seniors choose to remain and live a healthy, safe and active life.

Belly Dance–Intermediate

Enjoy an expressive, exciting and energetic activity. Intermediate belly dance can stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength. This class is for students who have some experience with belly dance and can move to an intermediate level. Intermediate belly dance covers intense multi layered shimmies, complex combinations, travel steps and choreography. Instructor: Melizza Ford.

Course	Day, Date	Time	Cost	Location
21826	Tu, 4/12-6/7	3:30-4:15 p.m.	\$33/\$48	Online

Bilingual Yoga with a Chair Yoga Bilingüe con Silla

This class is designed to help you enjoy the benefits of gentle exercise and relaxation. Modifications of standard yoga poses will be used and work will be done with breathing, focusing attention on gentle stretching and balance. No previous experience needed. Esta clase está diseñada para ayudarle a disfrutar y recibir los beneficios del ejercicio suave y la relajación. Se utilizarán modificaciones de las posturas de yoga estándar y se trabajará con la respiración, centrando la atención en el estiramiento suave y el equilibrio. No se necesita experiencia previa. Instructor: Corina Urdaneta.

Course	Day, Date	Time	Cost	Location
21868	F, 4/15-6/10	11:15 a.m.-12 p.m.	\$45/\$60	Sr. Ctr.

Caribbean Dance Party

Learn how to dance salsa, cha cha, guaguancó and other Caribbean rhythms. Class begins with a slow warm-up, followed by instruction of basic steps. You will combine the steps learned to create fun Caribbean dances. Instructor: Yenobis Delgado-Alba.

Course	Day, Date	Time	Cost	Location
21827	F, 4/15-6/10	5-5:45 p.m.	\$33/\$48	Online

Chair Cardio

Enjoy fun moves while seated! Combine upper and lower body movements, which gives the body a total workout while listening to great music. Instructor: Yenobis Delgado-Alba.

Course	Day, Date	Time	Cost	Location
21828	W, 4/13-6/8	9-9:45 a.m.	\$33/\$48	Online

Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and promote better circulation. Instructor: Sharon Ramsey.

Course	Day, Date	Time	Cost	Location
21836	M,W, 4/11-6/13	11 a.m.-12 p.m.	\$55/\$62	Sr. Ctr.

Chair Tap Dance

Have you always wanted to tap dance? Now's your chance from the ease and comfort of a chair. Tap dance helps with memory, balance, coordination and much more. This class will start with a warm up for the whole body, then move to tap specific exercises. Work on tap technique and combinations, then move on to choreography. All exercises can also be done standing if desired. No experience necessary – Gene Kelly here we come! Instructor: Karen Conners.

Course	Day, Date	Time	Cost	Location
21837	Tu, 4/12-6/7	1:15-2:15 p.m.	\$50/\$62	Sr. Ctr.
21839	Tu, 4/12-6/7	1:15-2:15 p.m.	\$40/\$62	Online

Chairobics **NEW!**

This class offers a variety of movements to get your heart pumping and your muscles working while using a variety of equipment. Most exercises will be done seated. Some standing exercises will be offered. Instructor: Anthony Edghill.

Course	Day, Date	Time	Cost	Location
22718	F, 4/15-6/10	12:15-1:15 p.m.	\$35/\$48	Sr. Ctr.

Chi Gong (Qigong)

Chi Gong is a set of meditative exercises combining simple body movements, breathing and mental imagery. Direct the flow of your

body's energy to help prevent disease and build strength. Instructor: Adam Helfer.

Course	Day, Date	Time	Cost	Location
21842	F, 4/15-6/10	12-1 p.m.	\$55/\$72	Online

Drums Alive

Try this exciting class using a stability ball and drum sticks. Get your heart pumping, strengthen your lungs and improve endurance. This class is adaptable to most fitness levels. Equipment available on request. Instructor: Yenobis Delgado-Alba.

Course	Day, Date	Time	Cost	Location
21829	Th, 4/14-6/9	12:05-12:50 p.m.	\$33/\$48	Online

Easy Feet

Use fun, energetic music to learn easy-to-follow patterns, including basic dance movements, and receive a great light-cardio workout. Appropriate for beginners. Instructor: TBA

Course	Day, Date	Time	Cost	Location
21831	F, 4/15-6/10	11:15 a.m.-12 p.m.	\$35/\$50	Online

Easy Zumba

Combine fun, energetic and motivating music with easy-to-follow movements and dance away your worries. Zumba is great for the body and mind. Appropriate for beginners. Instructor: Noelia Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
21840	M,W, 4/11-6/13	10-10:50 a.m.	\$58/\$66	Sr. Ctr.
21841	M,W, 4/11-6/13	10-10:50 a.m.	\$45/\$66	Online

Fitness Workshop -

Functional Training **NEW!**

During this two-part Functional Training workshop, we will combine several muscle groups and multiple joint exercises which will improve your strength and stability. These exercises will aid in the performance of your everyday tasks and help protect your muscles and joints from common injuries such as sprains and strains. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
21816	Th, 5/19 & 6/2	1:30-2:45 p.m.	\$25	Sr. Ctr.

Fitness Club

Interested in becoming a Fitness Club member? Work out in our state-of-the-art fitness room. Basic exercise machine training is required for new members. Instruction is offered by appointment only. You must be a Senior Center member to join. The Fitness Club membership fee is \$90 annually. Stop by the reception desk to set up your appointment.

Basic Exercise Machine Training

Basic exercise machine training is required of all new Fitness Club members, by appointment only. Appointments can be made at the front desk. \$15.

Personal Trainer

Let a nationally certified personal trainer design a program based on your individual needs. Includes initial evaluation. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Fitness Club members only.

Virtual options are available.

One:	One-Hour Session: \$52	Fitness Rm
Two:	One-Hour Sessions: \$100	Fitness Rm
Three:	One-Hour Sessions: \$142	Fitness Rm
Six:	One-Hour Sessions: \$265	Fitness Rm
Ten:	One-Hour Sessions: \$415	Fitness Rm

Fitness Buddy

Are you in need of assistance while you exercise in our state-of-the-art fitness center? Let your fitness buddy help guide you through the equipment. Schedule an appointment and your buddy will work with you for one hour. This is not a personal training session. Must be a fitness room member. This is done by appointment only. Appointments can be made at the front desk. \$15.

Forever Fit

Receive a total body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. This class is appropriate for most fitness levels. Instructor: TBA.

Course	Day, Date	Time	Cost	Location
21854	Tu,Th, 4/12-6/9	10-10:50 a.m.	\$65/\$81	Sr. Ctr.
21853	Tu,Th, 4/12-6/9	10-10:50 a.m.	\$56/\$81	Online

Functional Movement **NEW!**

This class focuses on developing a wide variety of skills; including strength, balance and flexibility. Exercises help participants with skills that are used in everyday activities. This class incorporates the use of mats, resistance tubing and weights. Instructor: Keith Federman.

Course	Day, Date	Time	Cost	Location
21938	Th, 4/14-5/19	3-3:45 p.m.	\$55/\$72	Sr. Ctr.

Functional Training

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat and reach your fitness goals. Participants use weights and mats. This workout is for most fitness levels. Instructor: Martine Owen.

Course	Day, Date	Time	Cost	Location
21835	Sa, 4/16-6/11	10-11 a.m.	\$44/\$62	Online

On Your Feet — Yoga Blend

Class includes basic yoga poses in a slow and easy pattern, adding elements of balance and core-strengthening exercises, in a standing or seated position. No mat work involved. Instructor: Melizza Ford.

Course	Day, Date	Time	Cost	Location
21834	M, 4/11-6/13	2:15-3 p.m.	\$46/\$62	Online

Did you know?

Rockville Senior Services home maintenance coordinator is available onsite at the Rockville Senior Center to help city residents ages 60-plus evaluate home safety and repairs.

Outdoor Group Training

This outdoor strength-building class is designed to improve strength, flexibility, and balance using the fitness equipment located behind the Senior Center. Intensity may be modified to suit most fitness levels. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
21873	W, 4/13-6/8	9-9:45 a.m.	\$55/\$72	Sr. Ctr.

Pilates Basics

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats. Class is appropriate for beginners. Instructor: Melizza Ford.

Course	Day, Date	Time	Cost	Location
21847	W, 4/13-6/8	1:15-2 p.m.	\$55/\$72	Online

Piloxing®–Pilates. Boxing. Dance.

This groundbreaking and unique program is a blend of lengthening Pilates, strengthening boxing and dance moves that keep your pulse high. This workout will get you excited about working out again, not only for the physical aspect, but also because it's so much fun! You will notice stronger, longer and leaner muscles, improved flexibility, better muscle control and better coordination. Your metabolism will go into overdrive. For the active participant. Instructor: Noelia Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
21833	W, 4/13-6/8	1:15-2 p.m.	\$45/\$60	Online

Pre-hab Training

Get in shape before your surgery and get back on your feet in less time. Our pre-hab specialist helps you recover faster by developing and implementing an exercise plan specific to your needs. This program includes eight, individual one-hour sessions with the trainer. In addition, this program must begin no later than six weeks prior to scheduled surgery and requires medical clearance from your doctor. Fitness Club members only.

Course	Day, Date	Time	Cost	Location
21859	Weekdays, 4/4-6/24	9 a.m.-3 p.m.	\$315	Sr. Ctr.

Post-rehab Training

Have you completed your rehabilitation program with your doctor or physical therapist? Let us help you continue on your road to recovery. Our post-rehab specialist works together with your medical professionals to develop a safe and effective fitness plan. Includes eight individual one-hour sessions with the trainer. This program requires medical clearance from your doctor or physical therapist. Fitness Club members only.

Course	Day, Date	Time	Cost	Location
21858	Weekdays, 4/4-6/24	9 a.m.-3 p.m.	\$315	Sr. Ctr.

Small Group Interval Training

This class will take place in the Rockville Senior Center Fitness Center and will use a combination of machines and free weights. It will include a wide variety of exercises using all major muscle groups. Space is limited. Instructor: Keith Federman.

Course	Day, Date	Time	Cost	Location
21848	Th, 4/14-5/19	2-2:45 p.m.	\$55/\$72	Sr. Ctr.

Strength Training Challenge

This class is designed to build muscle strength, endurance and improve balance. The instructor guides you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. Class may include work on the mat. Instructor: Sharon Ramsey.

Course	Day, Date	Time	Cost	Location
21852	Tu,Th, 4/12-6/9	9-9:45 a.m.	\$65/\$81	Sr. Ctr.

Total Body Fit **NEW!**

This class gives you a full body workout using a combination of cardio and resistance training exercises. Exercises are done seated or standing. **Formerly Forever Fit Mon/Wed.** Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
21855	M,W, 4/11-6/13	12:15-1:05 p.m.	\$56/\$81	Online

Total Conditioning Workout

This strength-building, non-cardio fitness class is designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
21846	M, 4/11-6/13	9-9:45 a.m.	\$55/\$72	Sr. Ctr.
21844	M, 4/11-6/13	9-9:45 a.m.	\$44/\$72	Online
21845	F, 4/15-6/10	9-9:45 a.m.	\$55/\$72	Sr. Ctr.
21843	F, 4/15-6/10	9-9:45 a.m.	\$44/\$72	Online

Yoga for You

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. This class includes work done on the mat. Wednesday class will be held in the Carnation Room. Instructor: Betty Figure.

Course	Day, Date	Time	Cost	Location
21857	W,F, 4/13-6/10	10-11 a.m.	\$98/\$119	Sr. Ctr.

Zumba Gold

This easy Latin and internationally inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective. Zumba Gold is great for the body, mind and soul. Enjoy dancing while receiving a total body workout. Instructor: Melizza Ford (Mon., Wed.), Anthony Edghill (Fri.)

Course	Day, Date	Time	Cost	Location
21824	M, 4/11-6/13	5-5:45 p.m.	\$33/\$48	Online
21823	W, 4/13-6/8	5-5:45 p.m.	\$33/\$48	Online
22754	F, 4/15-6/10	1:30-2:15 p.m.	\$35/\$48	Sr. Ctr.

Sports-Instructional

Table Tennis-Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only fun to play, the game helps increase dexterity, flexibility, coordination and reflexes.

Course	Day, Date	Time	Cost	Location
21820	M, 4/25-6/6	1-2 p.m.	\$35/\$42	Sr. Ctr.
21819	Tu, 4/26-5/31	1-2 p.m.	\$35/\$42	Sr. Ctr.

Table Tennis-Intermediate

This class is for those who have a basic knowledge of the rules and scoring and have experience playing. Not only is the game fun to play, it aids dexterity, flexibility and coordination.

Course	Day, Date	Time	Cost	Location
21817	W, 4/27-6/1	1-2 p.m.	\$35/\$42	Sr. Ctr.
21818	F, 4/29-6/3	1-2 p.m.	\$35/\$42	Sr. Ctr.

Sports Leagues

Bocce Ball Club

This lawn game is easy to learn and can be enjoyed at all levels. There is a court located behind the Senior Center. For Senior Center members only.

Course	Day, Date	Time	Cost	Location
21872	Tu,Th, 4/5-10/27	10-11 a.m.	Free	Sr. Ctr.

Senior Duffers

Join the 2022 golf season. Play is arranged at local golf courses. This is not a teaching activity. All levels of ability are invited to join. All additional fees paid directly to the course on day of play. An organizational meeting is scheduled for 10-11 a.m. Wednesday, March 23 at the Rockville Senior Center.

Course	Day, Date	Time	Cost	Location
21871	M, 4/25-9/26	7-11 a.m.	\$7/\$9	TBD

Staff Spotlight



Patricia Saenz is now a full time Bus Driver for the Center. You have probably seen her around as she has been working with us for the last five years! You might also see her biking, hiking and walking with her two kids around the community. Patricia is a great addition to the Senior Center family!



Walk, Ride, or Glide to Fitness **8 WEEK FITNESS CHALLENGE**

Join the 8-week challenge for a healthier you! The CDC recommends 150 minutes of moderate activity each week for older adults. Log in your minutes daily. All forms of activity qualify. This can be achieved through an at home workout, a walk, a bike ride, one of our fitness classes, or a workout in our fitness center.

There will be a mandatory organizational meeting through Zoom on April 8th at 1 p.m. We will explain the guidelines of the challenge and provide instructions on how to obtain your challenge packet. This is a free program; however, registration is required. Sponsored by Collingswood Rehabilitation & Healthcare Center.



Check out these great in-person offerings coming this spring to the Senior Center!

Dance the Night Away

Experience a night of dancing and laughs with friends. Dress to impress and enjoy music from the local band The Digits. Cookies and punch will be served. Registration is required. *Sponsored by Brightview Falls Grove.*

Course	21991
Day, Date	Th, 6/2
Time	7-8:30 p.m.
Cost	\$6/\$9
Location	Sr. Ctr.



The Rockville Chorus

A vibrant, dedicated musical organization, focused on a wide range of musical genres and styles for the Rockville regional community each year. They will sing songs from their upcoming performances and patriotic songs in honor of Memorial Day.

Course	21908
Day, Date	M, 5/23
Time	7:30-8:30 p.m.
Cost	Free
Location	Sr. Ctr.



Father's Day Cookout- Outdoors

Come by the Senior Center to celebrate Father's Day as we cook burgers and hot dogs on the grill! Lunch will be outside and includes toppings, beverages, a side and dessert.

Course	22063
Day, Date	F, 6/17
Time	12:30-2 p.m.
Cost	\$5/\$7
Location	Sr. Ctr.



Wine and Cheese

Enjoy the evening at the Senior Center with friends, wine, and refreshments. Registration is required. Sponsored by Brightview Falls Grove.

Course	22037
Day, Date	Tu, 5/17
Time	4:30-6 p.m.
Cost	Free/\$5
Location	Sr. Ctr.



Outdoor Movie

Watch a movie on the big screen outside! Bring blankets, chairs and snacks, and join us for a fun outdoor movie night! Registration is required.

Course	21945
Day, Date	Th, 4/28
Time	7-9 p.m.
Cost	Free
Location	Sr. Ctr.



Skin Care Clinic

You will be seen by a certified dermatology PA and referred to a local doctor/specialist if necessary. Call: On Site Dermatology 1-877-345-5300 for an appointment. Your insurance will be billed. For questions call Betty Figlure, Wellness Coordinator, RSC, 240-314-8803 or bfiglure@rockville.md.gov.



Activities for People with Dementia and Memory Problems 📞

If you are caring for someone who has memory problems, this workshop will teach you skill sets to provide daily activities for your loved ones, including artistic, social, work and exercise. Presented by Maria Khadar, RN, DN, CM, Director, JK House of Grace.

Course	Day, Date	Time	Cost	Location
21893	Th, 5/12	1-2 p.m.	Free	Online

Arthritis: "Why Do My Joints Hurt?" 📞

Learn about the various forms of arthritis, who is affected, if there is a cure, and what things you can do to keep you moving. Dr. Carlos A. Martinez, DPT, owner CAM Physical Therapy and Wellness Services, LLC.

Course	Day, Date	Time	Cost	Location
21876	W, 6/1	1-2 p.m.	Free	Online

Back Pain and Sciatica 📞

Dr. Carlos Martinez, DPT from CAM Physical Therapy and Wellness Services, will share how back pain and sciatica affects us, the causes of back pain, the anatomy of your back, how a physical therapist can help you, and strategies to manage your pain.

Course	Day, Date	Time	Cost	Location
21875	W, 5/4	1-2 p.m.	Free	Online

Coping with Loneliness 📞

This virtual workshop teaches skills for individuals experiencing loneliness. Topics to be discussed include identifying triggers, developing healthy routines, self-care and coping skills, and establishing a mental-wellness plan. Presented by Lauren Newland, LCSW-C, Clinical Manager, Behavioral Health Integration, Adventist HealthCare.

Course	Day, Date	Time	Cost	Location
22031	Tu, 4/12	1-2 p.m.	Free	Online

Now with Options

KEY:



= Phone-in available

Emotional Engagement 1.0: A Pathway to Harmony for Humanity 📞

This presentation will address some of the embedded barriers that inhibit or sabotage our individual and community wholeness. Discuss the journey we would like to explore and pursue for ourselves, those we love and care about, and the larger community. We will step cautiously among some areas that easily sideline our more noble ambitions due to unprocessed, unexamined and unchallenged emotions. Presented by Bill Neely, Getting Along Better, LLC.

Course	Day, Date	Time	Cost	Location
22664	Tu, 4/26	1-2:30 p.m.	Free	Online

Hands-On CPR 📞

June is CPR awareness month. Learn the history of CPR, and the signs and symptoms of stroke and heart attack. Hands-on practice will be available. Presented by Adventist HealthCare.

Course	Day, Date	Time	Cost	Location
22036	Tu, 6/21	1-2 p.m.	Free	Online

Intimacy and Aging 📞

This workshop will discuss sexual expression and attitudes towards sex as we age, including the important considerations of physical and psychological effects on individuals. Presented by Maria Khadar, RN, DN CM, Director JK House of Grace.

Course	Day, Date	Time	Cost	Location
21892	W, 4/20	1-2 p.m.	Free	Online

The Influence of Family on Society 📞

Family is an influence on the lives of everyone. The impact of family plays a major role in the good, the bad, the ugly and the beautiful experiences we all have in life. Participate and share your thoughts to influence building a better, brighter, safer, happier future for life on the planet through this plea to support family life, education, training, maintenance, and upgrades. Presented by Bill Neely, Getting Along Better LLC.

Course	Day, Date	Time	Cost	Location
22720	Tu, 5/24	1-2:30 p.m.	Free	Online

Older Drivers Workshop 📞

This presentation will raise awareness on how to stay safe while driving and may add some tips you had not thought of before. Presented by AAA.

Course	Day, Date	Time	Cost	Location
21874	W, 4/13	1-2 p.m.	Free	Online

Stress Reduction/Meditation 📞

This class offers the tools to focus, relax and come to a more peaceful sense of being. There is time for both meditation and discussion. Betty Figlure has taught meditation, guided imagery, and stress reduction classes for over 30 years.

Course	Day, Date	Time	Cost	Location
21889	M, 4/4-6/13	1-2 p.m.	\$30/\$40	Online

Stroke: Hope Through Science 📞

May is Stroke awareness month! Presentation by expert, Terri Cook, RN. Terri will discuss how we can identify risk factors, help prevent a stroke, as well as learn the latest treatment options. Presentation followed by discussion and Q&A! Presented by Adventist HealthCare.

Course	Day, Date	Time	Cost	Location
22035	Tu, 5/17	1-2 p.m.	Free	Online

Vertigo and Dizziness 📞

Why does dizziness and vertigo occur? Is this something that you can prevent? There is a wide range of reasons why you may experience this health condition and if it persists, it could be a sign of something more serious. Dr. Omid Motabar, neurologist, will highlight treatment options and some of the latest tests and methods used to pinpoint the cause of this condition.

Course	Day, Date	Time	Cost	Location
21888	Th, 4/28	1-2 p.m.	Free	Online

Weight Loss 📞

Have you gained weight during this winter (like the rest of us)? Join Dr. Carlos A. Martinez, PT, DPT, CAM Physical Therapy and Wellness Services, for safe tips and tricks for weight loss and exercise.

Course	Day, Date	Time	Cost	Location
21890	W, 4/6	1-2 p.m.	Free	Online

Your Heart, Your Life Series 📞

An evidence-based program with lessons providing information for understanding, skill building, self-assessment, and goal setting for healthy lifestyle changes. Sign up for one or more sessions. Presented by Adventist HealthCare.

SESSION 7: Protect Your Heart, Take Good Care of Your Diabetes for Life

Course	Day, Date	Time	Cost	Location
22032	Tu, 4/5	1-2 p.m.	Free	Online

SESSION 8: Make Heart Healthy Eating a Family Affair

Course	Day, Date	Time	Cost	Location
22033	Tu, 5/3	1-2 p.m.	Free	Online

SESSION 9: Eat in a Heart Healthy Way Even When Time or Money is Tight

Course	Day, Date	Time	Cost	Location
22034	Tu, 6/7	1-2 p.m.	Free	Online

Can I Sell My House and Buy Another One Simultaneously? 📞

It is stressful enough to sell a house, but to buy and sell a home simultaneously is double the stress if you have to sell to buy! Find out what steps are involved in selling and buying in today's market. Make your do's and don'ts list.

Course	Day, Date	Time	Cost	Location
22085	W, 5/4	10-11 a.m.	Free	Online

Price is Right: Energy Edition 📞

Ready to test your knowledge when it comes to the price of appliances in your home? This interactive presentation will provide participants to place bids closest to the price of a prize without going over. Everyone who attends will win energy saving devices for their homes. Montgomery Energy Connection is a County program to help residents lower their energy usage all while keeping money in their pockets.

Course	Day, Date	Time	Cost	Location
22046	Tu, 4/5	1-2:30 p.m.	Free	Online



Stay Alert... Sign up for rockvillemd.gov/alerts and receive alerts about important information in your community.

Home Share 📞

Home sharing can reduce social isolation, create monthly income for homeowners, and generate new affordable housing options for home seekers. The new Montgomery County Home Sharing Program assists homeowners offering spare rooms in their home for rent and safe housing for longer than six months.

Course	Day, Date	Time	Cost	Location
22084	W, 4/13	1-2 p.m.	Free	Online

Pride Picnic

Want to meet new friends in the LGBTQ community? Let's picnic together and look at upcoming events to celebrate pride month!

Course	Day, Date	Time	Cost	Location
22087	F, 6/3	10-11 a.m.	Free	Online

Memory Cafe

Alzheimer's Association Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. Bring a bag lunch and meet people! Must contact, representative Sheila Griffith at 240.844.3608 or sagriffith@alz.org prior to attending the group.

Course	Day, Date	Time	Cost	Location
22064	M, 4/4-6/20	1-2 p.m.	Free	Online

How to Spot Fake News 📞

Concerned about fake news? In the digital age, anyone can publish anything on the internet. This lecture will provide a helpful explanation for the increase in the use of the term fake news, as well as give you some tools to evaluate news sources. We'll also review popular fact-checking sites. Once date is confirmed an email will be sent to registrants.

Course	Day, Date	Time	Cost	Location
22045	TBD	TBD	Free	Online

Senior Planet (Español) 📞

Planeta Senior, es dirigido por la organizacion sin fines de lucro Servicios tecnologicos para adultos mayores (OATS), emplea la tecnologia para cambiar la forma en que uno envejece. Con un enfoque en un cambio social, los programas son enfocados

a ayudar a que los adultos mayores aprendan nuevas habilidades, ahorrar dinero, estar en forma, contactarse y hacer nuevos amigos y prosperar en la nueva era actual. Los cursos, conferencias y las actividades son completamente gratis y diseñadas para personas de los 60 años y mas.

Course	Day, Date	Time	Cost	Location
22040	Th, 4/21	1-2 p.m.	Free	Online

Podcasts 📞

Podcasts are an increasingly popular form of entertainment and a great source of information on all kinds of topics. In this lecture, you'll learn more about these audio programs that are available on the internet: why people listen to them, where you can find them, and what the most popular ones are. Once date is confirmed an email will be sent to registrants.

Course	Day, Date	Time	Cost	Location
22088	TBD	TBD	Free	Online

Positive Aging Program 📞

Take this unique opportunity to meet with fellow seniors and chat about the day, current events or hobbies. Make new friends and learn something new.

Setting and Maintaining Relationship Boundaries

This group will continue the discussion from last fall's workshop about the need for relationship boundaries, and how to set and maintain them. Participants will be given the opportunity to share their successes and failures in setting boundaries. The book used will be the same one from the November 2021 workshop: "Setting Boundaries Will Set You Free: The Ultimate Guide to Telling the Truth, Creating Connection, and Finding Freedom", by Nancy Levin. Meets first and third Tuesday of each month.

Course	Day, Date	Time	Cost	Location
21946	Tu, 4/5-6/21	2:30-4 p.m.	Free	Online

Brain Games

It's back (again)! Our brains change as we get older, but with regular brain exercise, we can improve our mental functioning, such as long-term memory, working memory, executive functioning and attention to detail. Join the fun and work your brain as you compete with your peers in

various games and puzzles. Meets second and fourth Tuesday of each month.

Course	Day, Date	Time	Cost	Location
21949	Tu, 4/12-6/28	2:30-4 p.m.	Free	Online

Women Living Alone

This is a long-standing, open-enrollment support group at RSC in which members support each other by listening, expressing concern, and offering tips, suggestions and advice, when solicited. Meets first and third Thursday of each month.

Course	Day, Date	Time	Cost	Location
21950	Th, 4/7-6/16	1-2:30 p.m.	Free	Online

Living Alone (for Men and Women)

This group provides an opportunity for men and women, living alone, to socialize, discuss topics of interest, share challenges, and support each other. Meets second and fourth Thursday of each month.

Course	Day, Date	Time	Cost	Location
21952	Th, 4/14-6/23	1-2:30 p.m.	Free	Online

Managing Stress During the Pandemic

This is an ongoing support and educational group to help people cope with isolation, anxiety, depression, loss, etc., originally brought on by the COVID-19 pandemic. Participants learn coping skills from facilitator and from each other. Meets every Friday.

Course	Day, Date	Time	Cost	Location
21954	F, 4/1-6/24	11 a.m.-12 p.m.	Free	Online

Workshop: Creating a Gratitude Practice

You've probably heard that being grateful regularly is beneficial. But how do we make it a habit that works for us? This one-time workshop will review how practicing gratitude can help us and suggest ways to do it.

Course	Day, Date	Time	Cost	Location
21955	Tu, 5/31	2:30-4 p.m.	Free	Online

English Class

Online classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. BEFORE registering, new students must schedule an assessment of their English skills. Please email program coordinator Amoke Alakoye at aalakoye@

rockvillemd.gov to schedule an evaluation. Returning students should register for the class recommended by their teacher. No class 3/30.

Basic English

Course	Day, Date	Time	Cost	Location
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21012	M,W, 4/11-6/20	10 a.m.-12 p.m.	\$20/\$27	Online
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Beginning/ High Beginning English (L2)

Course	Day, Date	Time	Cost	Location
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21013	Tu,Th, 4/12-6/16	10 a.m.-12 p.m.	\$20/\$27	Online
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Intermediate English (L3)

Course	Day, Date	Time	Cost	Location
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21014	Tu,Th, 4/12-6/16	10 a.m.-12 p.m.	\$20/\$27	Online
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Advanced English (L4)

Course	Day, Date	Time	Cost	Location
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21015	M,W, 4/11-6/20	10 a.m.-12 p.m.	\$20/\$27	Online
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English Conversation Classes

Speak more confidently about everyday topics.

Beginning Conversation: Let's Talk

Course	Day, Date	Time	Cost	Location
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21017	M, 4/11-6/20	1-3 p.m.	\$14/\$18	Online
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Advanced Conversation: More Talk

Course	Day, Date	Time	Cost	Location
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21016	W, 4/13-6/15	1-3 p.m.	\$14/\$18	Online
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Spanish for 60+

Learn the fundamentals of the Spanish language and start speaking with confidence. Includes interactive activities. Instructor: Lidia Almidon.

Just the Basics

Course	Day, Date	Time	Cost	Location
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21018	M,W, 3/21-4/20	12:30-2:30 p.m.	\$44/\$70	Online
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Continuing

Course	Day, Date	Time	Cost	Location
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21019	Tu,Th, 3/22-4/21	12:30-2:30 p.m.	\$44/\$70	Online
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Grupo de Apoyo Hispano

Recibir apoyo sin juzgar; Creando un espacio para compartir sentimientos- Guiado José Hernández, Terapeuta bilingüe de Affiliated Santé Group.

Course	Day, Date	Time	Cost	Location
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22753	Th, 4/7-6/30	12-1 p.m.	Free	Online
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Daily Lunch

Hot and cold lunches are available at noon, Monday-Friday.

Participants contribute as much as they are able toward the cost of the meal (\$5.93). Reservations required 24 hours in advance: 240-314-8810.

Questions?

Call 240-314-8800 or
email
seniorcenter@rockvillemd.gov

Developing Villages in Rockville

Twinbrook Village

Contact: twinbrookvillage@gmail.com

King Farm Neighbors Village

Contact: kfnvinfo@gmail.com
301-799-8104

Pump House Village (East Rockville)

Contact: pumphousevillage@gmail.com
New groups in development: Town Center Area, Hungerford and West End.

For more information, contact:

Trish Evans, village facilitator
pevans@rockvillemd.gov



Senior Transportation

Are you 60-plus, live in the city limits of Rockville and need a ride to the center or grocery store?

Monday to Friday: Pick up (for those who call in advance schedule): Approx. 9 a.m. and approx. 11 a.m.
Take home times: Noon • 1 p.m. • 2:30 p.m. • 3:30 p.m.

Bus is for City of Rockville residents aged 60 and older.

Please see or call the transportation office for a reservation: 240-314-8810.

Please call before 2 p.m. the day before and Friday for a Monday pickup.

Rockville Emergency Assistance Program (REAP)

Emergency assistance is available for eligible City of Rockville seniors, 60 and older, experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided.

Contact:

Mariella Correal; 240-314-8816,
or Andrea Rogers; 240-314-8817.

Benefits of Senior Center Membership Include:

Discounts on Senior Programs
Discounts on Rentals
DVD Rentals
Eligibility to Join the Fitness Center
Early Class Registration
Drop-in Programs
Discounts on all
Rockville Adult Classes
Eligibility for Senior Garden Plots

Resource Refresher

- Information and resource referrals
- Customized individual assistance
- Home visits from staff
- Emergency financial assistance
- Financial assistance for center memberships and classes
- Health education
- Immunizations
- Blood pressure screenings
- Body composition screenings
- Medical equipment loan closet
- Wellness counseling
- Individual counseling and support groups
- Bus service to the Rockville Senior Center
- Bus service to shopping
- Subsidized taxi coupons
- Home evaluations on repair and safety needs
- Help determining the appropriate service provider to call
- An up-to-date list of area contractors
- Snow removal
- Care management on low incomes.
- Daily lunch at noon
- Weekly Chinese lunch
- Computer and technology
- ESOL (English for Speakers of Other Languages)
- Language classes
- Free notary services

General Information

Registration Begins:

- Member registration begins Tuesday, March 1 *and*
- Nonmember registration begins Thursday, March 3.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued. Cash and checks under the amount of \$15 for programs will be put onto the patrons account as a credit if classes are canceled. *Refunds requested after 120 days will be refunded by check only.*
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- Senior Center memberships are refundable on a prorated basis with proper medical or other requested documentation.
- The following administrative fees are charged for issuing a refund or credit: Adults 60+ programs \$15; swim \$15.

Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists.

Memberships:

- Senior Center Memberships are refundable on a prorated basis with proper medical or other requested information.

Most convenient method. 7 days a week.

1. Online:

www.rockvillemd.gov/recreation

2. Fax to:

Rockville Senior Center: 240-314-8809

3. Mail to:

Rockville Senior Center
1150 Carnation Drive 20850

4. Walk-In:

The Senior Center walk-in hours are Monday-Friday 8:30 a.m.-5 p.m. Rockville City Hall and community centers accept walk in registrations. Please call for operating hours to avoid unnecessary trips. Membership can only be processed in person at the Rockville Senior Center.

Program Assistance Fund

The program helps Rockville residents 60-plus needing assistance paying for membership, classes and trips. Please call 240-314-8810 for additional questions. Photo ID and/or verification document that you live in the city limits of Rockville and income documents are required.

If you would like to contribute a tax deductible donation, you may send a check, "add up" on your registration form or donate online at www.rockvillemd.gov/registration.

Online Donation	Course #s
\$10	#2239
\$25	#2240
\$50	#2241
\$75	#2242
\$100	#2243

Donations by check may be made out in any amount.

Mail to: Rockville Senior Center
1150 Carnation Drive, Rockville, MD 20850

Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program, or if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.

Registration Form

Contact Information | Información del contacto

Last Name Apellido*	First Name Nombre*	Birthday Fecha de nacimiento (mm/dd/yy)*	Email*
Address Dirección*		City Ciudad*	State Estado* Zip Código postal*
Home Phone Teléfono de Casa*		Work Phone Teléfono de Trabajo	Cell Phone Celular

Emergency Contact | Contacto de Emergencia

Name Nombre*	Relationship Relación*	Phone Teléfono*
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Activity Name Nombre de la Actividad	Activity Number Número	Fees* Costo*

Contribution to Program Assistance Fund: \$10 _____ \$25 _____ \$50 _____ Other \$ _____

Processed by Check, Cash, Charge	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:
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Program Modifications: Participants with disabilities should contact our office prior to activity.

Payment | Pago

Name on Card Nombre en la tarjeta	Credit Card Number Número en la Tarjeta de Crédito	Security Code Código de Seguridad	Expiration Date Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____		City Ciudad	State Estado Zip Código Postal
Cardholder Signature Firma del Dueño de la Tarjeta			

Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa. Al participar en un programa de la Ciudad de Rockville, el Departamento de Recreación y Parques y / o ingresar a un centro, acepto seguir todas las normas publicadas y / o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y / o la suspensión de la instalación.

* Signature of Participant/Guardian | Firma del participante/tutor _____

Senior Center Happenings:

The Senior Center and Fitness room is open!

Call 240-314-8800 or email
seniorcenter@rockvillemd.gov for hours.

Fitness Workshop: Funtional Training

During this two-part Functional Training workshop, we will combine several muscle groups and multiple joint exercises which will improve your strength and stability.

Thursday, May 19 & June 2 • 1:30-2:45 p.m. • \$25 • Sr. Ctr.

Introduction to Watercolor

Haven't painted watercolors before? Learn a new way to express yourself. Learn a solid base of watercolor painting - brush work, color mixing and a new way of seeing.

Wednesday, April 6 • 9:30-10:30 a.m. • Free • Online

Zoom with Pets

Pets are often in the background of Zoom meetings. Let's give them center stage while we meet with one another and introduce our furry (or not so furry) friends.

Friday, April 8 • 10-11 a.m. • Free • Online

Beginner Bird Walk: Outdoors

Join Croydon Creek Nature Center staff on a morning walk for beginning birders. Learn how to use binoculars for birding, identify common local species, use bird guides and apps, and much more.

Preregistration is required, and space is limited.

Wednesday, May 11 • 8-9 a.m. • Free/\$4 NM • RedGate Park

**Please Note:
Due to
COVID-19,
classes and
programs are
subject to
change.**